

**Guide to Town Senior
Services**

Senior Activities Center

Wendy Petty
Director

Pam Wilson
Program Coordinator
203- 222-2608

Social Services

Charlene Chiang-Hillman
Director

Suzanne Friedman
Administrative Asst.
203-222-2663

Town Hall

Tom Landry
Town Administrator
Judy Devito
Selectman's Secretary
203-222-2656

Dial-A-Ride

Gordon Green
(24 Hr Notice Required)
203-222-2576

Drop-In Activities

Monday

Knitting/Crafts 10-12
Dance Class 11:00(N)

Tuesday

Beads 10-12
Great Courses DVD/
discussion 11-12
Strength & Fitness 11-12 (N)
Poker 12:00 –2

Wednesday

Yoga 10-11
Lunch @ Norfield Church

Thursday

Wii Bowling 10-11:30
Strength & Fitness 11-12 (N)
Movies 12:00—2

Friday

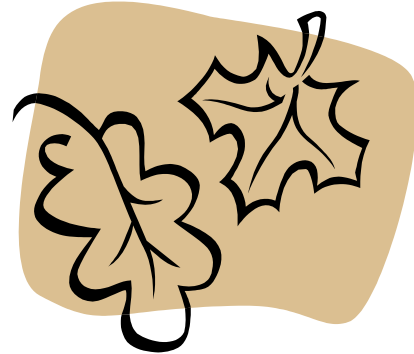
Yoga w/ Melanie 9-10 (N)

**Wednesday Lunch at
Norfield at 12 noon**

- (N=Norfield Church)
**Center Hours: M, T, & Th
9:00-2:00**

**WESTON SENIOR
ACTIVITIES CENTER**

September/October 2012



Hello Everyone,

We had a wonderful couple of months with many trips, BBQ's and classes. Thank you all for making this a summer to remember at the Weston Senior Activities Center.

We have some new things to look forward to this Fall, so please read our newsletter, come down for a visit, add yourself to our weekly email blast, or try something new.

We are starting a new caregiver's support group, a new series on Tai Chi, AARP Safe Driving course, a Westchester Broadway outing to see *Can Can*, some fantastic entertainment at our luncheons, book club, our annual Halloween lunch and costume contest, and much more. We will be adding additional classes this fall, so please keep in touch with us, tell us what you are interested in and stop by often! Also, please remember that our Commission on Aging meetings are open to everyone, so feel free to join us.

This fall we, along with the Friends of the Weston Senior Activities Center, will be hosting our first annual classic car show, called the Alden Sherman Classic. It was named after long time Weston resident and car enthusiast Alden Sherman. The money raised from this event will all go to support the Weston Senior Activities Center. We hope you will come on September 23rd and support our show and see some amazing classic cars. If you would like to help, please give us a call—we are looking for volunteers!

We are also beginning to collect gifts for our second annual "re-gifting" sale. Last year we had a great time collecting and selling wonderful gift items just in time for the holidays. We are looking for new and unused gift items. If you have some things that were given to you that just didn't match your personality, they might be treasures for someone else—please donate them for our sale. Our sale will be late November/early December more details to follow!

We have a few closures this fall as we continue to follow the Weston school schedule: September 3, 17, 26 and October 8. Exercise classes are canceled during the days we are closed.

Our very best wishes to you all,
Wendy and Pam

New New New

Westchester Broadway's Can Can September 20th—
Depart Norfield Church at 10am, show is at 11:15. Cost is \$60 which includes show, 3 course meal with dessert & coffee/tea. Space is limited, sign up soon.

New England Hearing Solutions —October 22nd from 12-2pm. Sign up required. Cost: Free

Caregiver Support Group—Visiting Nurse and Hospice present a new 6 week support group at the Weston Senior Center on Thursdays from 12-1pm in the Garden Room. The group will start on October 4th and run 6 consecutive weeks. The group's facilitator is Nanette Green, MA, LPC, she is a Grief and Bereavement Counselor at Visiting Nurse and Hospice. This is free. For more information or to sign up, please call Pam at the Center at (203) 222-2508.

AARP Safe Driving— Tuesday, October 16th 9am –1pm At the Weston Senior Center. Sign up required.

Kykuit Day Trip—October 18th 9am—Hudson Valley Landmark for architecture, remarkable gardens, art and history—simply amazing. Call the Center for details. Space is limited.

Book Club—October 25th—*The Painted Veil* Book discussion at 10am followed by lunch for \$3.00 and the movie.

Backgammon Lessons

Thank you to the Friends of the Weston Senior Activities Center for their donation of a beautiful new Backgammon set. Woody Bliss has kindly offered to start a Backgammon Club, including lessons. Call the Center for details!!



A great day to Port Jefferson in July!

Gentle Tai Chi with Bill Wren



A new six week series will begin on Thursday, September 20th and run for six consecutive weeks (9/20, 9/27, 10/4, 10/11, 10/18, and 10/25 from 9:15—10:15 in the Senior Center's South House Gym. The cost for the series is \$30. Sign up required.

Advanced Tai Chi coming soon...

**Wednesday, October 24th—12:30pm
Norfield Church Luncheon**

BILL ROTHER, GUITARIST WITH FRED WAR-ING AND THE PENNSYLVANIANS, talks about live television in the 1950's and he shares his personal recollections of show business in the 50's and a video of the actual Fred Waring show from 1957.

AARP Drivers Safety



Allan Harvey will teach our "Safe Driving" course

Tuesday, October 16th
9am to 1pm

Weston Senior Activities Center

Learn defensive driving techniques in this course sponsored by AARP. Many insurance companies offer a discount on your auto insurance upon completion of the course. Cost is \$12 for AARP member and \$14 for non members, make checks payable to AARP.

Reservations required (203) 222-2608.

Space is limited!

Exercise Classes!

~**Walking Club**~ is back Tuesdays and Thursdays at 9:15am. Meet at the track.

~**Dance to the Music with Sandy**~
Mondays @ 11:00 am (55+ welcome)
\$3/class (Norfield Parish Hall)

~**Strength & Fitness with Sandy**~
Tuesdays & Thursdays @ 11 am
\$3/class (Norfield Parish Hall)

~**Tai Chi with Bill Wren**~
Thursday's 9:15am—sign up required

~**Wii Bowling with Anne**~
Thursdays @ 10 am
Free (Center)

~**Yoga with Melanie**~
Fridays @ 9 am
\$3/class (Norfield Chapel)

~**Gentle Yoga with Joy** ~
Wednesdays @ 10 am
\$3/class (Hurlbutt South House Gym)

Please come and try a class,
1st class is free!

~**Tennis Lessons**~

See page 3 for details.

Thursday Afternoon At the Movies!

Join us Thursdays at 12:00 pm

Please call for a reservation. Movie and popcorn are free. (203) 222-2608, space is limited!



9/6: The Hunger Games—PG-13 Every year in the ruins of what was once North America, the evil Capitol of the nation of Panem forces each of its twelve districts to send a teenage boy and girl to compete in the Hunger Games.

9/13: A Separation - PG-3 Set in Contemporary Iran, Nader And Simin, A Separation is a compelling drama about the dissolution of a marriage.

9/27: Darling Companion—PG-13 In Darling Companion, Beth (Diane Keaton) saves a bedraggled lost dog from the side of the freeway on a wintry day in Denver. Struggling with her distracted, self-involved husband Joseph (Kevin Kline) and an empty nest at home, Beth forms a special bond with the rescued animal.

10/4: The Best Exotic Marigold Hotel –PG-13 Follows a group of British retirees who decide to "outsource" their retirement to less expensive and seemingly exotic India.

10/11: The Magic of Belle Isle –PG Morgan Freeman plays Monte Wildhorn, a famous Western novelist whose struggle with alcoholism has sapped his passion for writing.

10/18: Moonrise Kingdom –PG-13 Set on an island off the coast of New England in the summer of 1965, Moonrise Kingdom tells the story of two twelve-year-olds who fall in love, make a secret pact, and run away together into the wilderness.

10/25: The Painted Veil—PG-13 A love story set in the 1920s about a young English couple (a doctor and a society girl) who marry hastily, relocate to Hong Kong where they betray each other easily...

Book Club with Terry Hully

October 25th
Weston Senior Center
The Painted Veil



10am Book Discussion

Following by lunch (\$3.00)

12pm Movie: *The Painted Veil*

You are welcome to just come for the book discussion or to watch the movie. We hope you will join us for both!

CURRENT EVENTS DISCUSSION

September 10th and October 15th
With Laura Smits 11am everyone welcome
Weston Senior Activities Center.



Commission on Aging Meetings:

September 10th and October 1st
In Activities Room of the Center.

Everyone welcome!

Board Members:

Helen de Keijzer, Chair

Terry Hulley

Peggy Anderson

Bruce Lorentzen

Nancy Hammerslough

Nina Daniel

Laura Smits



The Alden Sherman Classic

Car Show

Sunday, September 23rd- 10am to 3pm

At the Weston High School parking lots

The Weston Senior Activities Center and the Friends of the Weston Senior Activities Center will co-host this event to raise money for the Senior Center. This will be a "People's Choice" judged show, categorized by decades. We need all of you there to support our show! Please call if you can volunteer. You can make a tax deductible donation at the gate, or mail a check payable to:

"Friends of the Weston Senior Activities Center", PO Box 1007,
Weston, CT 06883.

Thank you.

Tennis Session III and IV

Lessons with Tennis Pro Glen Englander

Session III—August 19, 26, Sept. 2, 9, 16, 23

4:00-5:00pm—Cost \$60.00

Session IV—Sept. 30, Oct. 7, 14, 21, 28,

Nov. 4

1:00-2:00pm—Cost \$60.00

All levels welcome.

Classes at Weston High School courts.

Call the Senior Center to sign up.

(203) 222-2608



September 2012

Mon

Tue

Wed

Thu

Fri

3 <i>Labor Day</i> <i>Center Closed</i>	4 9:15am Walking Club 10am Beading make your own 11m Strength & Fitness 12 Poker w/ Stella	5 10am Yoga 12 Lunch – Norfield Hosted by Norfield <i>Bingo</i>	6 9:15am Walking Club 10am Wii Bowling 11 Strength & Fitness 12pm Movie <i>The Hunger Games</i>	7 9am Yoga (N)
10 9:15am Commission on Aging 10am Knitting, 11am Current Events 11:00am Dancing 12:30 Medicare Appointments necessary	11 9:15am Walking Club 10am Beading w/Carla 11m Strength & Fitness 12 poker	12 10am Yoga 12 Lunch-Norfield Hosted by St. Francis <i>Steve Kazlaukas</i> <i>"Echoes of Sinatra"</i>	13 9:15am Walking Club 10am Wii Bowling 11 Strength & Fitness 12pm Movie <i>A Separation</i>	14 9am Yoga (N)
17 <i>Rosh Hashanah</i> <i>Center Closed</i>	18 9:15am Walking Club 10am Beading make your own 11m Strength & Fitness 12 Poker w/ Stella	19 10am Yoga 12 Lunch – Norfield Hosted by Newcomers and Neighbors <i>Encore Entertainment</i> <i>John Kuhner</i>	20 9:15am Tai Chi 9:15am Walking Club 10am Departure for <i>Westchester Broadway's</i> <i>Can Can</i>	21 9am Yoga (N) Come to the car show this weekend!
24 10am Knitting 11:00am Dancing (N) 12:30 Medicare Appointments necessary	25 9:15am Walking Club 10am Beading w/Carla 11 Strength & Fitness 12 Poker	26 <i>Yom Kippur</i> <i>Center Closed</i>	27 9:15am Tai Chi 9:15am Walking Club 10am Wii Bowling 11 Strength & Fitness 12pm Movie <i>Darling Companion</i>	28 9am Yoga (N)
Alden Sherman Classic Car Show September 23rd 10am to 3pm See page 8 for details!				

October 2012

Mon	Tue	Wed	Thu	Fri
1 9:15am Commission on Aging meeting 10am Knitting 11:00a Dancing (N)	2 9:15am Walking Club 10a Beading make your own today 11 Strength & Fitness (N) 12 Poker w/ Stella	3 10am Yoga 12pm Lunch Norfield Hosted by Norfield Church Bingo	4 9:15am Tai Chi 9:15am Walking Club 10am Wii Bowling 11aStrength & Fitness 12pm Movie <i>The Best Exotic Marigold Hotel</i> 12pm Caregiver's Support Group	5 9am Yoga (N)
8 <i>Columbus Day</i> <i>Center Closed</i>	9 9:15am Walking Club 10a Beading w/Carla 11 Strength & Fitness (N) 12 Poker	10 10am Yoga 12 Lunch at Norfield Hosted by St. Francis Church Presentation by Nancy McCormick- ITN Brian Gillie	11 9:15am Tai Chi 9:15am Walking Club 10am Wii Bowling 11amStrength & Fitness 12pm Movie The Magic of Belle Island 12pm Caregiver's Support Group	12 9am Yoga (N)
15 10am Knitting 11am Current Events 11:00am Dancing (N) 12-2:30pm Medicare Enrollment Appointment required	16 9am AARP Safe Driving 9:15am Walking Club 10a Beading make your own 11a Strength& Fitness (N) 12 Poker w/Stella	17 10am Yoga 12 Lunch at Norfield Hosted by Newcomers and Neighbors Billy Michael	18 9:00am KyKuit Trip 9:15am Tai Chi 9:15am Walking Club 11am Strength & Fitness 12pm Movie <i>Moonrise Kingdom</i> 12pm Caregiver's Support Group	19 9am Yoga (N)
22 10am Knitting 11:00am Dancing (N) 12-2pm Hearing Tests New England Hearing Solutions Appointment required	23 9:15am Walking Club 10a Beading w/Carla 11a Strength& Fitness (N) 12 Poker	24 10am Yoga 12 Lunch at Norfield Hosted by Emmanuel Church Bill Rother His personal recollections of TV in the 1950s	25 9:15am Tai Chi 9:15am Walking Club 10am Book Club <i>The Painted Veil</i> 11am Strength & Fitness 12pm Movie <i>The Painted Veil</i>	26 9am Yoga (N) Scare Fair tomorrow October 27th – we need volunteers
29 10am Knitting 11:00am Dancing (N) 12-2:30pm Medicare Enrollment Appointment required	30 9:15am Walking Club 10am Beading 11am Strength & Fitness (N) 12pm Poker	31 10am Yoga 12 Lunch at Norfield Hosted by Women's League <i>Halloween Lunch – Wear your costumes!! See contest details</i> Danny Magic		

Medicare Open Enrollment October 15 –December 7

REVIEW YOUR COVERAGE!

The annual open enrollment period for Medicare Part D and Advantage Plan for 2013 coverage begins **October 15, 2012 and ends December 7, 2012**. During this time period you can easily make changes in coverage and without penalty.

There are significant changes to 2013 Medicare Part D that include new insurance plans, changed formularies and increased premiums. All seniors are urged to review their Medicare Part D plan with a CHOICES counselor during open enrollment. You may make an appointment through the Weston Senior Center or you may call SWCAA (Southwest Connecticut Agency on Aging) directly to speak with a CHOICES counselor. Your medications including precise name, dosage and frequency of use will be reviewed on the Medicare website and the Medicare D insurance plans that are the most suitable will be presented to you in order of price effectiveness. Last year reviews helped save several Weston residents more than \$400 a year in drug and premium costs. Some were people who had not reviewed their plans for several years, others changed providers from the previous year.

Usually appointments for Medicare consultation can be made two afternoons a month. During this open enrollment period there will be availability for half hour appointments from 12:00 – 2:30 on each of the following dates: Monday, October 15, Monday, October 29, November 5, Monday, November 12, Monday, November 19, Monday, November 26 and Monday, December 3. **YOU MUST MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER at (203) 222 - 2608.** If these times or dates are not convenient for you simply contact a CHOICES counselor at 1(800) 994 - 9422.

CHOICES will present information for you to consider when making your decisions about Medicare issues. If you are considering a change of Medicare provider especially an Advantage program be sure your docs, labs for blood work and the hospital of your choice accept that insurance plan, Do not trust lists that have been made to meet a printing deadline of four or five months ago. Lists can change at anytime. Telephone docs, labs & hospitals to be sure they accept the insurance that you are considering before you enroll. Remember any Medicare resource can drop out of any plan any time during the year.

Please book appointments as soon as possible and early in the open enrollment period – couples book two appointments. There may not be time available when booking later, which could mean scrambling for, help and answers. See you at the center!

Meta Schroeter
CHOICES Counselor

NEW NEW NEW!!!

News from Weston Parks and Recreation

New Adult Classes beginning in September through Parks and Recreation.

Call 203-222-2655 for more details.

Or visit their web site:
www.westonct.gov/programs

Registration begins on September 12th online as well as walk ins (@9:30am)

Class locations in Hurlbutt Elementary School South House, Weston Senior Center Activity Room and All Purpose Room.

Classes

Interior Design Workshop with Michelle Ferrante
Mixed Media Art with Ms Liz Ward
Adult Game Gallery with Charlene Monn
Cake Decorating 101 with Janet Fable
Cupcakes, Cupcakes with Janet Fable

Exercise Classes

Beginner Yoga with Pam Wilson
Zumba with Fran O'Neil

“Friends of the Weston Library Events” At the Weston Library

September 13	10:30am	Book Group; Sophie's Choice by Styron
September 19	7:00pm	Movie Night; Best Exotic Marigold Hotel (PG-13)
September 19	7:30pm	Book Group; title TBA
October 11	10:30am	Book Group; The Art of Fielding by Harbach
October 17	7:00pm	Movie Night; Dark Shadows (PG-13)
October 17	7:30pm	Book Group; title TBA

Friends of the Weston Senior Activities Center

NEWS FROM YOUR "FRIENDS"

The Friends of the Weston Senior Activities Center is dedicated to supporting the Center and enriching and expanding the programs and activities the Center provides our senior population, age 60 and above.

Seniors comprise fully 17% of Weston's population. Our vision is that the retirement years of Weston residents will be productive, socially engaged, and healthy. To that end, working in close cooperation with the Senior Center and the Weston Commission on Aging, we help provide the following:

- * advocacy on behalf of the needs of the senior population
- * programming
- * social events
- * Senior Center upgrades
- * guest speakers
- * special events and fund raising activities

This past spring, The Friends sponsored the first in a series of Genealogy courses, taught by expert genealogist Woody Bliss. Due to popular demand, this course will be repeated in the fall and again in late winter or spring, 2013. The Friends' Musical Strawberry Festival in June, featuring David Connell at the piano, drew upwards of 60 attendees for a delightful afternoon of music and fun. On September 23rd, The Friends are delighted to co-host with the Weston Senior Activities Center the "Alden Sherman Classic Car Show" which promises to attract car enthusiasts and sponsors from the wider Fairfield County community to Weston in support of seniors.

On the drawing board for the near future are the following "Friends" events and programs:

- * "Genealogy 2" with Woody Bliss / rolling admission for "Genealogy 3" in progress
- * "The Friends' Retirement Showcase" - an informational fair to explore options for an active retirement lifestyle, including aging-in-place or joining a retirement community.
- * An "Invitation to Tea with The Friends" on November 15, 2012
- * "The Friends' Backgammon Club"

Founded in late 2011, The Friends is a 501(C)(3) public charity. Donations, payable to The Friends of the Weston Senior Activities Center, PO Box 1041, Weston CT 06883, are tax deductible to the extent allowed by federal and state law.

No donation is too big or too small.

All proceeds go directly to benefit the seniors.

*For more information and to donate to The Friends,
please contact*

*Nina Daniel, Friends President (203-221-0604) or
Woody Bliss, Friends Treasurer (203-226-4859).*

Weston Senior Activities
P.O. Box 1007
56 Norfield Road
Weston, CT 06883
203-222-2608
www.westonct.gov/

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*The Area's Premier
Assisted Living Community*

435 Danbury Road
Wilton, CT 06897
(203) 761-1191
www.thegreensatcannondale.com

The cost of printing this newsletter has
been paid for through the generosity of
The Greens at Cannondale.

Halloween Lunch

Noon

Wednesday, October 31st at Norfield Church

Wear your costumes!!!

We will have a contest with prizes for the following categories:

Most Original, Most Unrecognizable, and Best Overall

***Lunch will be presented by The Weston Women's League and
entertainment by Danny Magic. Cost is \$4.00 for lunch.***

